

SHOW SOME LOVE TO
THE MOST IMPORTANT **MUSCLE** IN YOUR BODY



**BRAND PROMISE: PROVIDING HEALTHIER
FUEL FOR YOUR ACTIVE LIFESTYLE**

Muscle Maker Grill does not sacrifice taste to serve healthy options. We pride ourselves on creating healthier versions of your favorite foods that taste great, making it easy and enjoyable to eat healthy. In addition, we cater to all different types of healthy eating lifestyles. Since 1995, we have created a menu that satisfies everyone from vegetarians to the carb-free consumer to people following a gluten sensitive diet.

CORPORATE EVENTES & MEETINGS
PRIVATE PARTIES & EVENTS
WEDDINGS & RECEPTIONS
FUNDRAISERS & FESTIVALS
CORPORATE MEAL PLANS



Whether you are planning an event for 10 or 5,000, a corporate luncheon or a special event, Muscle Maker Grill can help you with all of your healthy catering needs! We also offer Weekly Meal Plans, perfect for those who are looking for healthy meal options or for those companies who have Corporate Wellness Programs for their employees. Just give us a call and one of our specialists will be happy to assist you.

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24 Hour notice preferred. Delivery fee may be applied.
10 person minimum order on catering packages and trays.

Guests who have special food sensitivities, allergies or dietary needs should not rely solely on this information as the basis for deciding whether to consume a particular menu item. Dressings that are listed as gluten sensitive will be altered by adding other ingredients such as croutons, etc. All prices are subject to change. Visit www.musclemakergrill.com for the most updated nutritional information.



**HEALTHY
CATERING**



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BOXED LUNCH

(MINIMUM 10 PERSON ORDER)

1 CHOOSE ONE WRAP OR SALAD

MMG Signature Wrap *(served cold)*

Chicken, turkey bacon, reduced fat cheddar cheese, power blend (romaine, baby kale and spinach), tomatoes, onions and zero carb signature sauce in a jalapeno wrap



Rocky Wrap

Chicken, turkey meatballs, part skim mozzarella and fresh fat-free marinara sauce in a garlic wrap

Santa Fe Wrap

Chicken, turkey bacon, red beans and brown rice, reduced fat cheddar and zero carb signature sauce in a jalapeno wrap.

Veggie Wrap

Original or spicy with green peppers, onions, mushrooms, rice, beans and reduced fat cheddar cheese in a spinach wrap

Chicken Caesar Salad *(served cold)* **GS**

Chicken, parmesan, and zero carb Caesar dressing on a power blend of romaine, baby kale and spinach

Kale and Quinoa Salad

Chicken, white quinoa, roasted red peppers, avocado, Asian sesame ginger dressing on a power blend of romaine, baby kale and spinach

Asian Sesame Ginger Salad

Chicken, tomatoes, cucumbers, red onions, sesame seeds, craisins, avocado and Asian sesame ginger dressing on a power blend of romaine, baby kale and spinach

Mardi Gras Grilled Chicken Salad **GS**

Chicken, white quinoa, roasted red peppers, avocado, Asian sesame ginger dressing on a power blend of romaine, baby kale and spinach

GS - indicates gluten sensitive menu item

2 CHOOSE YOUR SIDE

Baked Potato

Brown Rice

Broccoli

Cucumber Salad

Vegetables Medley

Caesar Salad



3 CHOOSE YOUR DRINK

Pepsi or Diet Pepsi

Mist Twist

Life WTR

Lipton Pure Leaf

Gatorade



SALADS

(SERVES APPROX. 10 PERSONS)

Asian Sesame Ginger

Tomatoes, cucumbers, red onions, sesame seeds, craisins, avocado and Asian sesame ginger dressing on a power blend of romaine, baby kale and spinach

Kale and Quinoa

White quinoa, roasted red peppers, avocado, Asian sesame ginger dressing on a power blend of romaine, baby kale and spinach

Caesar **GS**

Parmesan cheese and zero carb Caesar dressing on a power blend of romaine, baby kale and spinach

Italiano **GS**

Part-skim mozzarella, roasted red peppers and gluten and fat free balsamic vinaigrette on a power blend of romaine, baby kale and spinach

Low Calorie Dressings:

Fat Free Balsamic Vinaigrette **GS**

Low Fat Honey Dijon **GS**

Zero Carb Caesar **GS**

Low Fat Asian Sesame Ginger

Zero Carb MMG Signature **GS**



ADDITIONAL CHICKEN FOR MEDIUM
ADDITIONAL CHICKEN FOR LARGE

WRAPS

(MINIMUM 10 PERSON ORDER)

MMG Signature *(served cold)*

Chicken, turkey bacon, reduced fat cheddar, power blend (romaine, baby kale and spinach), tomatoes, onions and zero carb signature sauce in a jalapeno wrap

Rocky

Chicken, turkey meatballs, part skim mozzarella and fresh fat-free marinara sauce in a garlic herb wrap

Santa Fe

Chicken, turkey bacon, red beans and brown rice, reduced fat cheddar and zero carb signature sauce in a jalapeno wrap

Veggie

Original or spicy with green peppers, onions, mushrooms, rice, beans and reduced fat cheddar in a spinach wrap

Chicken Caesar *(served cold)*

Chicken, power blend (romaine, baby kale and spinach), zero carb Caesar dressing and parmesan in a spinach wrap

BBQ Chicken

Chicken, brown rice, reduced fat cheddar and fat free secret sauce in a whole wheat wrap

Kale and Quinoa *(served cold)*

Chicken, white quinoa, power blend (romaine, baby kale and spinach), roasted red peppers, avocado and Asian sesame ginger dressing in a spinach wrap



ENTREES

(SERVES APPROX. 10 PERSONS)

Arizona **GS**

Chicken, turkey bacon, tomatoes, scallions and zero carb signature sauce over brown rice

El Mexicana **GS**

Chicken, onions and peppers, reduced fat cheddar, salsa, tomatoes and scallions over brown rice

Godfather **GS**

Chicken, portabella mushrooms, roasted red peppers, part skim mozzarella, gluten and fat free balsamic vinaigrette over broccoli

Teriyaki Stir-Fry

Chicken, portabella mushrooms, onions and peppers, carrots, sesame seeds and teriyaki sauce over brown rice

Cajun Chicken and Penne

Cajun chicken, red wine brown sauce, tomatoes and scallions over whole wheat penne pasta



SNACKS & SIDES

Lenny and Larry's Cookies

Lay's Oven Baked Chips

Quest Bars

Cucumber Salad

Brown Rice

Turkey Meatballs (14 pcs)

Boneless Chicken Bites

Dipping sauce: Buffalo, Barbecue, Spicy Barbecue or Teriyaki

DRINKS

Pepsi or Diet Pepsi

Mist Twist

Life WTR

Lipton Pure Leaf

Gatorade

Rockstar Energy Drink



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EACH TRAY CONTAINS 10 WRAPS